

WRA INTRAMURAL SOCCER MANUAL



WHITPAIN RECREATION ASSOCIATION

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WHITPAIN RECREATION ASSOCIATION (WRA)

GENERAL INFORMATION FOR INTRAMURAL SOCCER COACHES, PLAYERS, AND THEIR FAMILIES

1. Guiding Principles

1.1. Vision

To provide children from 3 years old to Senior year in High School who live in and around Whitpain township opportunities to have fun playing Soccer, develop their love of Soccer, and develop their skills to their utmost in a supportive environment.

1.2. Mission

WRA Intramural Soccer organizes training sessions and games for kids from 3 years old to Senior year in High School where their members will learn the fundamentals of Soccer. At the youngest ages members are trained by paid coaches and supported by volunteer coaches. As the kids age through the program, volunteer coaches will train them in more advanced skills and concepts as the game expands from 4v4, to 5v5, to 7v7, to 9v9, and, when possible, 11v11. Adult guardians and motivated teenaged members will be considered for volunteer coaching positions and supported by the Intramural Soccer Committee with coaching clinics, training courses, and sample training sessions.

1.3. Fun

Children start playing sports because their families introduce them to those games, they continue playing those sports because they have fun playing. As such, making WRA IM Soccer a fun experience for the kids and their families is the main goal of the program throughout the time the kids play in the program. For the youngest age groups playing with their friends, enjoying the development of their skills, and friendly competition between teams will be stressed. For the older age groups competition will be a larger source of their enjoyment so building parity among teams will be critical in addition to continuing to develop their skills and, where possible, getting them to play with their friends.

1.4. Safety

We want all of the kids to have fun in a safe environment. To that end, we ask that all players wear shin guards under socks at all games. Additionally, players are not permitted to wear jewelry, including earrings, necklaces and wristbands/watches. The only exception is a medical alert bracelet that may be worn, but should be taped to the wrist so that another player's finger will not slip under it and cause injury to either player. Coaches and Assistant Coaches will ensure that no child is left unattended at fields after games and practices.

1.5. Development

While kids start playing sports to have fun with their friends they continue to play those games because they see their skills improving as the game grows in complexity. As such, one of WRA IM Soccer's goals is to work on child development in sportsmanship, fair play, teamwork and competition as they improve their soccer skills.

For our youngest divisions, the basic concept behind micro-soccer is to allow more touches for each player by having smaller teams and smaller fields. Each player gets more opportunities to kick, dribble and shoot the ball. Players develop more quickly by playing, not watching. The rules for micro-soccer emphasize skills while having lots of fun. A player will actually get the ball at his/her feet much more on a small team than a team with seven, nine, or eleven players on a side. WRA will follow the EPYSA/US Youth Soccer guidelines for play.

All coaches of the league are reminded that the development of children into responsible women and men is a primary motivation of the WRA; winning is secondary. WRA IM Soccer will follow US Soccer's Player Initiatives and let the kids enjoy the game and grow into the larger size game:

<https://learning.ussoccer.com/coach/resources>

1.6. Competition

While competition is not a main goal of WRA IM Soccer we do acknowledge the motivation and benefits that come from having kids compete in sports. As such WRA IM Soccer is divided into two main categories: Non-Trophy divisions and Trophy divisions. The Non-Trophy divisions are our youngest age groups where games are played so the kids get the thrill of competing against other players but no scores are recorded and the kids are encouraged to use each game session as a chance to practice their skills in a larger team context. In the older age groups, the Trophy divisions, game scores will be recorded and standings will be maintained through the season. The Trophy divisions may also have end of season tournaments or playoffs to determine an ultimate winning team. Even in the Trophy divisions, though, the focus should be on the kids having fun, making friends, and developing their soccer skills rather than on winning games or a title.

2. Roles and Responsibilities

2.1. Players

- 2.1.1. Have fun, show up, play hard, work on improving your soccer skills
- 2.1.2. Players are expected to adhere to [the WRA Code of Conduct as posted on the WRA website](#).
- 2.1.3. **Players' Equipment**
 - 2.1.3.1. Team jersey, shorts, knee socks and sneakers or rubber cleated sport shoes will be worn to every game. Players may wear warm clothes on cold days with their coach's permission, but the team jersey must be worn on top.
 - 2.1.3.2. Goalkeepers shall wear colors that distinguish them from players on both teams. Pinnies or goalkeeper jerseys can be worn to designate the keeper from the field players.
 - 2.1.3.3. All players must wear shin guards which must be completely covered by socks
- 2.1.4. Players shall not wear anything that is dangerous to themselves or another player. The Referee shall determine what is or is not dangerous. No jewelry should be worn. Medical Alert bracelets must be taped to the wrist.
- 2.1.5. Coaches, players on the sidelines and all parents shall remain at least five (5) feet back from the sideline during the duration of each soccer game. First, so that players will not run into anyone who is too near to the field (or actually on the field since the sideline is considered to be part of the playing field). Second, for larger scale games, so that the Assistant Referee will be able to see up and down the whole sideline at any time and will not have to worry about running into someone who could be in their way.
- 2.1.6. **Friend requests**
 - 2.1.6.1. No friend requests will be honored in the Trophy divisions
 - 2.1.6.2. Friend requests will be collected as part of the registration process for the Non-Trophy divisions
 - 2.1.6.2.1. Only one friend request will be accepted per registration
 - 2.1.6.3. WRA IM Soccer only guarantees to honor reciprocal friend requests in Non-Trophy divisions where Player A requests to be on a team with Player B *and* Player B requests to be on a team with Player A.
 - 2.1.6.4. Unilateral friend requests will be honored at the discretion of the Commissioner

2.2. Parents

- 2.2.1. Parents of players are encouraged to participate whenever possible, including but not limited to: team parent, phone caller, snack coordinator, field worker, assistant coach. Such volunteerism is essential to the success of all WRA programs. All volunteers interacting with the players must complete the WRA background check process.
- 2.2.2. WRA IM Soccer will conduct a registration prior to the beginning of each new season.
- 2.2.3. Parents are expected to adhere to [the WRA Code of Conduct as posted on the WRA website](#).
- 2.2.4. **Parking for WRA Intramural Soccer**

- 2.2.4.1. Whenever possible, families are encouraged to park in the Prophecy Creek parking lot, just off Skippack Pike/Rt 73 next to Shady Grove. By parking there, you may be closer to your child's field, and will help to relieve the congestion at the school parking lot.
- 2.2.4.2. For the safety of our children, please do not move cones or ignore them when you park. They are carefully placed to allow plenty of room for traffic entering and exiting the parking lot.
- 2.2.4.3. Please remember to drive slowly for the safety of our children.
- 2.2.4.4. The entrance driveway for the Shady Grove parking lot is ONE WAY. Please exit at the opposite side of the parking lot.
- 2.2.5. With the cold weather, many warm weather clothing items are left each week at the fields. We will have them by the school overhang on display, along with the lost soccer balls, water bottles, clipboards, etc. Please stop by the school overhang and check to see what may belong to you. Also, please clean up the sidelines after every game, reducing the number of items "found" and the trash left behind.
- 2.2.6. If the Referee expels a parent for unsporting behavior, their decision must be followed or the game will result in a forfeit against the unsporting parent's child's team.

2.3. Coaches / Volunteers

- 2.3.1. Coaching volunteers will be solicited and selected annually to fill the roles of Coaches and Assistant Coaches
- 2.3.2. Each volunteer must complete [a standard background check as described on the WRA website](#)
- 2.3.3. The WRA IM Soccer Committee reserves the right to deny a person's request to coach, based on feedback from previous evaluations. Each coach's conduct shall be subject to review by the WRA IM Soccer Committee and the WRA Board
- 2.3.4. Coaches shall be responsible for the action of their teams on the field
- 2.3.5. Coaches should compile and distribute to each child at the first practice, or via email before the first practice, a packet of information including:
 - 2.3.5.1. Team number/name
 - 2.3.5.2. Coach and Assistant Coach names and contact information
 - 2.3.5.3. Team member names
 - 2.3.5.4. Practice schedule
 - 2.3.5.5. Any team rules and regulations you expect
- 2.3.6. Coaches should ask parents for assistance
- 2.3.7. Coaches should hold practices before and during the season. Each team in the older divisions is assigned a weeknight practice location, plus a Saturday location for pre-season practices. Coaches should target to hold a minimum of six practices during the season. The length of each practice session shall not exceed 1 ½ hours.
- 2.3.8. Ensure that each player plays at least one-half of the game duration.
- 2.3.9. Deliberately running up the score is not to be permitted. If a team is leading by four or more goals, the Coach should seek ways to make the match more evenly competitive such as rotating

players to other positions or discreetly removing players from the field and have the leading team play short handed.

- 2.3.10. If one team is short of players at kickoff and the score is going against that team, reduce the number of players for the leading team until the lead is reduced to four goals.
- 2.3.11. Coaches in the trophy divisions must contact their Division Commissioner to report their final score and WIN/LOSS/TIE as soon after the game as possible. Each coach will receive from their Commissioner the time and method they prefer, i.e. by Sunday evening, by phone, text, tweet, email, etc.
- 2.3.12. **Treat all referees with respect.** Coaches need to respect the referees and demand the same of their players. Please remember to thank the referees after the game. Encourage your players to thank them as well. Please do not get upset at what you perceive to be a bad call. Most of our referees are young men and women with far less experience than the refs you see making bad calls on TV. They are doing their best.
- 2.3.13. A Referee's ruling may be discussed with the Referee by the head coach only, and only at half time or at the end of the game at the Referee's discretion.
- 2.3.14. Protests shall not be recognized.
- 2.3.15. Philosophy on Coaching in the WRA Soccer Program
 - 2.3.15.1. By creating a psychologically healthy situation, all children can be winners regardless of WIN/LOSS/TIE record.
 - 2.3.15.2. Coaches, players and parents should not get caught up in the "winning is everything" philosophy.
 - 2.3.15.3. Winning will take care of itself within the limits of the players' talents when the coach helps them develop their athletic abilities.
 - 2.3.15.4. Treating the Referee with respect and showing tolerance for mistakes will assist players in acting in a dignified manner.
 - 2.3.15.5. A positive approach to coaching is characterized by liberal use of reward and encouragement.
 - 2.3.15.6. Coaches and parents need to have realistic expectations and consistently reward players when they show effort in attempting to meet those expectations
 - 2.3.15.7. Coaches should reward effort as much or more than they do results.
 - 2.3.15.8. Players have complete control over how much effort they make. They have only limited control over the outcome of their efforts.
 - 2.3.15.9. Coaches should never use a sarcastic or degrading manner.
 - 2.3.15.10. Encouragement can become contagious and aid in building team unity.
 - 2.3.15.11. When coaches manage things right, mistakes can provide golden opportunities for providing corrective instruction.
 - 2.3.15.12. Coaches should emphasize the good things that will happen if the player follows their instruction, not the mistakes they made.
 - 2.3.15.13. Coaches should remember mistakes have a positive side, providing information needed to help improve performance.

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- 2.3.15.14. Coaching that uses a positive approach to instruction—rather than punishment in any form—is best
- 2.3.15.15. Fear of failure can be the athlete’s worst enemy while healthy confidence can be their greatest strength.
- 2.3.15.16. Coaches should emphasize the good things that can happen if something is done right, rather than focusing on the bad things that may occur if it is not.
- 2.3.15.17. Coaches should emphasize the positive rather than the negative aspect of each individual performance.
- 2.3.15.18. Participants should leave practices and games with feelings of pride rather than shame.
- 2.3.15.19. Athletes who believe they are talented will often perform as if they are. Making it a self-fulfilling prophecy.
- 2.3.15.20. What athletes believe about themselves is often more important than the ability each individual actually has.
- 2.3.15.21. An abundance of criticism will cause a child to lose confidence in their ability and therefore lower their aspirations.
- 2.3.15.22. It is vital that coaches find ways to make all children feel good about themselves.
- 2.3.15.23. Coaches should expose all players to all positions, or to positions they feel comfortable playing.
- 2.3.16. Coaches work with children at a formative age, requiring understanding and patience, and are the most important adults in our program. They must be leaders who inspire respect and who develop a desire to excel and a determination to win in their players. The coach is a friend who should encourage youngsters to enjoy competition and to do their best regardless of the final score. It is especially important that a coach praises the efforts of the members of both teams.
- 2.3.17. Conduct - Coaches must:
 - 2.3.17.1. Abide by the philosophy, rules and regulations of this manual.
 - 2.3.17.2. Use no foul or abusive language toward players, other coaches, spectators or the Referee.
 - 2.3.17.3. Remember that the Referee is in charge of all games.
 - 2.3.17.4. Remain within 20 yards of either side of midfield.
 - 2.3.17.5. Bring substitutes onto the field at the midfield line, and keep all team members under control at one place.
 - 2.3.17.6. Be responsible for all league equipment as to number and condition.
 - 2.3.17.7. Remember to change personnel so that the score will not be “run up.”
 - 2.3.17.8. Be responsible for the conduct of their sideline, including all players and spectators. Smoking and pets are not permitted on, at or near the fields.
 - 2.3.17.9. Not tolerate any unsporting behavior or attitudes toward any player, coach, or spectator.
- 2.3.18. All coaches of the league are reminded that the development of children into responsible women and men is the primary motivation of the WRA; winning is secondary.
- 2.3.19. No child shall be left unattended at fields after games and practices.

2.4. Referees

- 2.4.1. The Referee shall have full control of the game, including the warning, disqualification, and removal from the immediate playing area of coaches, players and/or spectators who are involved in unsporting behavior. The Referee's decision is final on all calls.
- 2.4.2. If the scheduled Referee is not present to officiate at game time, a coach, assistant coach or adult spectator may officiate if there is mutual agreement between opposing coaches.
- 2.4.3. Two linespersons will be assigned to each Trophy Division game. The referee will be solely responsible for control of the game. The Referee may ask the linesperson for assistance, but it is not required.
- 2.4.4. In the event one or both linespersons are not available, each team must provide one linesperson who is not a player and preferably an adult. The substitute linesperson's job is simply to signal out of play by a raised flag when the ball completely crosses the line; they should not call "offside."
- 2.4.5. The referee shall try to get the game started on time. If a game should start late, for whatever reason, the referee will inform the coaches that each half will be shortened equally to ensure the game ends on time.
- 2.4.6. A Referee must report any caution or ejection involving a coach or player to the Referee Coordinator, including all pertinent details.
 - 2.4.6.1. A cautioned player must be substituted immediately, but may return at the next opportunity for substitution although it is recommended that they be kept off the field for at least 5 minutes.
 - 2.4.6.2. The proper mechanics for cautioning or ejecting a Coach, Assistant Coach or unruly spectator is to speak with the head coach at a stoppage and request that the head coach control the assistant or unruly spectator, or inform them that they must leave in the case of an ejection. No yellow or red card is displayed to a coach, assistant coach or unruly spectator. If the Referee's decision is not heeded, the game shall be immediately forfeited against the offending team.
- 2.4.7. A Referee's ruling may be discussed with the Referee by the head coach only, and only at half time or at the end of the game at the Referee's discretion.
- 2.4.8. Protests shall not be recognized.

2.5. IM Soccer Committee

2.5.1. Chairperson

- 2.5.1.1. The soccer league shall be governed by the WRA Soccer Committee Chairperson and members of the Soccer Committee. It is the duty of the Chairperson to direct and to supervise all activities of the soccer program. The Whitpain Recreation Association Board will oversee and approve of the budget and operations of the IM Soccer Committee.
- 2.5.1.2. The league will determine if games are NOT to be played. The game will be played if there is no thunder and lightning, and if the field conditions do not endanger the players and the fields themselves are not in danger of being damaged. Trophy divisions should make up games missed because of rain; all attempts should be made to make up any missed games. Trophy division commissioners will coordinate the time and date of make-up games. Commissioner decision as to time and date is final, but must give at least one week's notice. Non-trophy

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divisions do not have to make up missed games but may reschedule at the discretion of the coaches involved. Detailed rescheduling information is included in 4.1.7.

2.5.1.3. Insurance and Field Permits must be issued by the league for all practices and games

2.5.2. **Commissioners**

2.5.2.1. Commissioners are appointed by the IM Soccer Committee Chairperson

2.5.2.2. Commissioners should notify each child as soon as possible of their team placement.

2.5.2.3. The schedule for practices, field assignments and games shall be established, approved and maintained by the WRA IM Soccer Commissioner.

2.5.2.4. Practices will be held only on fields which the league has permits to use on dates where the league is allowed to use them.

2.5.2.5. Procedures for rescheduled games are covered in 4.1.7.

2.5.2.6. Player evaluations from the prior year and/or some other criteria shall be used in an attempt to maintain equality among various teams within each division.

3. Divisions

Division	Ball size	Gender	Game size	Roster limit	Trainer	Weekday practices	Weekend games
Preschool (3 y/o)	3	Co-ed	4v4	12	Paid trainer	None	Saturday game day will consist of a combined skills practice time and a short game
Pre-Kindergarten (4 y/o)	3	Co-ed	4v4	12	Paid trainer	None	Saturday game day will consist of a combined skills practice time and a short game
Kindergarten (5 y/o)	3	Co-ed	4v4	12	Paid trainer	None	Saturday game day will consist of a combined skills practice time and a short game
1st Girls	3	Girls	5v5	12	Volunteer	60 min. or less	Games on weekends, times will vary, Goalkeepers
1st Boys	3	Boys	5v5	12	Volunteer	60 min. or less	Games on weekends, times will vary, Goalkeepers
2nd Girls	3	Girls	7v7	12	Volunteer	75 min. or less	Games on weekends, times will vary, Goalkeepers
2nd Boys	3	Boys	7v7	12	Volunteer	75 min. or less	Games on weekends, times will vary, Goalkeepers
3/4 Girls	4	Girls	7v7	12	Volunteer	90 min. or less	Games on weekends, times will vary, Goalkeepers
3/4 Boys	4	Boys	7v7	12	Volunteer	90 min. or less	Games on weekends, times will vary, Goalkeepers
5/6 Girls	4	Girls	9v9	14	Volunteer	90 min. or less	Games on weekends, times will vary, Goalkeepers
5/6 Boys	4	Boys	9v9	14	Volunteer	90 min. or less	Games on weekends, times will vary, Goalkeepers
Older Co-ed	5	Girls	11v11	22	Volunteer	90 min. or less	Games on weekends, times will vary, Goalkeepers

4. Games

4.1. General

- 4.1.1. Games MUST NOT go over the end of the scheduled time slot. If a game should start late, for whatever reason, each half will be shortened equally so that the game will end on time. It is important to stress that players should arrive early so games can start on time.
- 4.1.2. All players must play at least one half of every game.
- 4.1.3. For Divisions with goalkeepers, a goalkeeper can play only half a game in goal. At half time, the new goalkeeper should report to the Referee. Any player who is a goalkeeper for any part of the first half cannot play goalkeeper during the second half.
- 4.1.4. 11v11 Divisions can play with one goalkeeper for the full game.
- 4.1.5. Teams which name captains should rotate the captaincy so that as many players as possible have the opportunity to lead the team.
- 4.1.6. **Minimum Number of Players:**
 - 4.1.6.1. In those divisions playing 11v11, if one team cannot field 9 players within 5 minutes after game time, a forfeit shall be declared. When one team does not have all of their players at the field ready to play at game time but has at least 9 players to field, the opposing team may field a full team or, out of courtesy, an equal number.
 - 4.1.6.2. In those divisions playing 9v9, if one team cannot field 7 players within 5 minutes after game time, a forfeit shall be declared. When one team does not have all of their players at the field ready to play at game time but has at least 7 players to field, the opposing team may field a full team or, out of courtesy, an equal number.
 - 4.1.6.3. The team that is short players can declare a forfeit at any time, if a forfeit is declared, a friendly will be played with the shorthanded team borrowing players from the other team. A score of 4-0 will be recorded in the event of a forfeit.
 - 4.1.6.4. If neither team is able to field the minimum number of players within five minutes of the scheduled start time, the game will be declared a draw, and a score of 4-4 will be posted.
 - 4.1.6.5. At the discretion of the coaches, a forfeited game may be played as a friendly game.
 - 4.1.6.6. All games must start on time when teams have at least the minimum number of players present. Any time a game begins late for any reason, the Referee shall shorten each half so that the game will end on time (each half shall be the same length). No half shall be extended for injury time.
 - 4.1.6.7. In those divisions playing 7v7, if one team cannot field 5 players within 5 minutes after game time, the Coaches will divide the available players using pinnies, where possible, so the players who did attend can still play a friendly game.
- 4.1.7. **Rescheduling Games**
 - 4.1.7.1. When a game is postponed because of inclement weather or unsuitable field conditions, the Soccer Committee shall notify the league via email by 7:15 a.m. on game day. No notification means the game will be played. If after the start of a game, the weather becomes inclement or the field unplayable, the Referee shall notify the coaches that the game is postponed. Once a decision is announced, no games or practices are permitted on those WRA fields for the remainder of that day. Please check your email.

- 4.1.7.2. The Division Commissioner shall be responsible for rescheduling all postponed games for trophy divisions. Non-trophy division games may or may not be rescheduled depending upon field and player availability and the Commissioner's discretion.
- 4.1.7.3. Coaches of the opposing teams should present to their Commissioner a suggested day and time for the rescheduled game more than one week in advance.
- 4.1.7.4. The Commissioner will confirm the day and time with the coaches.
- 4.1.7.5. The Commissioner will contact the Referee Coordinator as soon as the date is set to schedule a Referee for their game.
- 4.1.7.6. A game interrupted by weather shall be considered complete if the first half is played in its entirety. The final score shall be the score at the time of interruption in play.

4.2. Trophy division rules

4.2.1. All FIFA rules shall be adhered to unless specifically addressed elsewhere in this manual.

4.2.2. **Disciplinary Sanctions** - Cautions

- 4.2.2.1. A player receiving a caution (yellow card) must be substituted immediately. This player will be permitted to re-enter the game at the next substitution opportunity.
- 4.2.2.2. Cautions with a yellow card (FIFA Law 12) are given for the following reasons:
 - 4.2.2.2.1. Is guilty of unsporting behavior.
 - 4.2.2.2.2. Shows dissent by word or action.
 - 4.2.2.2.3. Persistently infringes the Laws of the Game.
 - 4.2.2.2.4. Delays the restart of play.
 - 4.2.2.2.5. Fails to respect the required distance when play is restarted with a corner kick or free kick.
 - 4.2.2.2.6. Enters or re-enters the field of play without the Referee's permission.
 - 4.2.2.2.7. Deliberately leaves the field of play without the Referee's permission.
- 4.2.2.3. Suspension—Any player who receives three cautions in one season, in consecutive or non-consecutive matches, shall be suspended from play for that team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match.

4.2.3. **Sending-Off Offenses** - Ejections

- 4.2.3.1. Ejections with a red card (FIFA Law 12) are given for the following reasons:
 - 4.2.3.1.1. Is guilty of serious foul play.
 - 4.2.3.1.2. Is guilty of violent conduct.
 - 4.2.3.1.3. Spits at an opponent or any other person.
 - 4.2.3.1.4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
 - 4.2.3.1.5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
 - 4.2.3.1.6. Uses offensive, insulting or abusive language.
 - 4.2.3.1.7. Receives a second caution in the same match.

4.2.3.2. When a player receives two cautions within the same match and is ejected from that match:

4.2.3.2.1. The offending team plays short handed for the duration of that match.

4.2.3.2.2. The two cautions count against the three cautions above.

4.2.3.2.3. The offending player is suspended from play from their team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match

4.2.3.3. When a player is ejected because of a red card:

4.2.3.3.1. The offending team plays short handed for the duration of that match.

4.2.3.3.2. The offending player is suspended from play for their team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match

4.2.3.4. A player who receives two red cards during one season will be expelled from the league for the remainder of that season.

4.2.3.5. Once a penalty suspension is administered, the player's record will be cleared.

4.2.4. **Mechanics** - The display of yellow and red cards should be administered in the 5/6 and older Coed Divisions by visibly displaying the card to the offending player in view of all players and sidelines. In the younger divisions, the Referee should use discretion and communicate the caution or ejection to the head coach of the offending team who will then remove the player from the field.

4.2.5. **Substitutions:**

4.2.5.1. There is no limit to the number of substitutions. With the exception of the start of the second half, all substitutes must receive the permission of the center referee before entering the field. Players who are waiting to enter the game should go to the Center Line. Substitutions can only be made at the following times:

4.2.5.1.1. Goal kick (6 yarder)—either team may substitute.

4.2.5.1.2. Throw in—The team taking the throw in may make any substitution(s). The team not taking the throw in can only make substitutions if the team taking the throw in makes any substitution(s).

4.2.5.1.3. Injury—on stoppage of game for injured player, the injured player may be substituted and the opposing team may also substitute a player. In the case of an injury, coaches will be beckoned onto the field by the Referee. Coaches are not allowed on the field during play (with the exception of the Micro Soccer Divisions).

4.2.5.1.4. Half time.

4.2.5.2. No substitutes are to be made at any other time, including corner kicks, penalty kicks, etc.

4.2.5.3. Coaches may not request "time out" at any time. In the case of an injured player the Referee does not see, coaches should call this to the Referee's attention, wait for their whistle to stop play and be beckoned onto the field.

4.2.6. **Standings for Trophy divisions**

4.2.6.1. All head coaches shall be responsible to communicate to the Division Commissioner the results of their game, specifying WIN/LOSS/TIE and the final score. If a winning coach fails to report their score as prescribed by their Division Commissioner, they will only receive one (1)

point for their WIN. If neither coach has contacted their Division Commissioner with their score by the prescribed method, zero (0) points will be awarded to both teams regardless of the outcome. WINS and TIES must be reported to avoid loss of points.

4.2.6.2. The point system shall be used to determine the standings. A WIN shall count for three (3) points, a TIE shall count one (1) point, and a LOSS zero (0) points. A winning score will be limited to a 4 goal difference.

4.2.6.3. Regardless of the score, all regular season games shall end at regulation time. Trophy Divisions may hold playoffs, in the event of a playoff game tie, refer to 4.2.7 – Playoff Overtime Rules.

4.2.6.4. End of Season Standings

4.2.6.4.1. Trophy Division Commissioners have the option to award trophies to teams in their division based on the Standings at the end of the 10 week schedule. In the case of teams tied by points, the following Tie Breakers should be followed:

4.2.6.4.1.1. Head to Head Result

4.2.6.4.1.2. Team with the fewest goals allowed in the season (use average goals per game if an unequal number of games have been played). Do not count goals over the 4 goal differential

4.2.6.4.1.3. Team with the most goals scored in the season (use average goals per game if an unequal number of games have been played). Do not count goals over the 4 goal differential

4.2.6.4.2. The Division Commissioner has the option to hold playoffs as long as the playoffs can be accommodated within the normal 10 week schedule. Playoff seeds will be determined using the Standings and tie breakers described above.

4.2.7. Playoff Overtime Rules

4.2.7.1. Overtime Period:

4.2.7.1.1. Coin flip (Home Team call) to determine which side of the field to defend.

4.2.7.1.2. The teams will play one 5 minute sudden death period. (Golden Goal)

4.2.7.1.3. You can insert the goalie of your choice and the players of your choice at the beginning of the overtime period.

4.2.7.1.4. All other regular period rules apply to the overtime period.

4.2.7.2. If, after the Overtime Period is complete, the game is still tied, the winner will be decided by Penalty Kicks:

4.2.7.2.1. The referee chooses the goal at which the kicks will be taken

4.2.7.2.2. The team that lost the Overtime Period coin toss will decide if they will shoot first or second

4.2.7.2.3. The referee keeps a record of the kicks being taken

4.2.7.2.4. An eligible player is defined as a player who was on the field at the end of the Overtime Period – No substitutions are allowed after Overtime ends, in other words, only players on the field at the end of OT are eligible to take penalty kicks.

4.2.7.2.5. Subject to the conditions explained below, both teams take five kicks

4.2.7.2.6. The kicks are taken alternately by the teams

- 4.2.7.2.7. Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
- 4.2.7.2.8. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
- 4.2.7.2.9. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same team order until one team has scored a goal more than the other from the same number of kicks
- 4.2.7.2.10. An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken. All keeper substitutions must be performed within a reasonable amount of time. If the Referee deems a substitution is taking too long or a team is using this rule to unfairly affect the PK results, the Referee has the authority to punish the offending team by awarding a successful PK to their opponent in place of having that team's player take the PK.
- 4.2.7.2.11. Only the eligible players, match officials and the Head Coach are permitted to remain on the field of play when kicks from the penalty mark are being taken. They are to remain in the center circle. Assistant Coaches, Ineligible Players, Team Officials and Spectators remain on the sideline.
- 4.2.7.2.12. All eligible players, except the player taking the kick and the two goalkeepers, must remain within the center circle
- 4.2.7.2.13. The goalkeeper who is the team-mate of the kicker must remain on the field of play, outside the penalty area in which the kicks are being taken, on the goal line where it meets the penalty area boundary line

4.3. 4v4

- 4.3.1. Teams will split their roster and play on 2 fields at each game event
- 4.3.2. Where possible, all game events will take place on Saturdays
- 4.3.3. Games will consist of two 25-minute halves
- 4.3.4. Game officials:
 - 4.3.4.1. Coaches and Assistant Coaches will officiate games. One Coach/Assistant Coach from Team A will officiate the game on the first field while one Coach/Assistant Coach from Team B will officiate the game on the second field.
- 4.3.5. Special rules
 - 4.3.5.1. No goalkeepers
 - 4.3.5.2. Kick in, no throw-ins, from sideline restarts
 - 4.3.5.3. No penalty kicks will be taken in non-trophy divisions
 - 4.3.5.4. Build Out line
 - 4.3.5.4.1. The build out line for this division will be the midline
 - 4.3.5.4.2. On goal kicks the team without possession of the ball is required to retreat behind the build out line. That team must remain behind the build out line until the ball is played and a teammate receives the ball

4.4. 5v5

- 4.4.1. Teams will split their roster and play on 2 fields at each game event
- 4.4.2. Where possible, all game events will take place on Saturdays
- 4.4.3. Games will consist of two 25-minute halves
- 4.4.4. Game officials:
 - 4.4.4.1. Coaches and Assistant Coaches will officiate games. One Coach/Assistant Coach from Team A will officiate the game on the first field while one Coach/Assistant Coach from Team B will officiate the game on the second field.
- 4.4.5. Special rules
 - 4.4.5.1. Youngest division with goalkeepers - modified 18-yard box
 - 4.4.5.2. Kick in, no throw-ins, from sideline restarts
 - 4.4.5.3. No penalty kicks will be taken in non-trophy divisions. All penalties in the penalty area for the attacking team will be indirect free kicks from the edge of the box directly downfield from the foul.
 - 4.4.5.4. Build Out line
 - 4.4.5.4.1. The build out line for this division will be the midline
 - 4.4.5.4.2. On goal kicks the team without possession of the ball is required to retreat behind the build out line. That team must remain behind the build out line until the ball is played and a teammate receives the ball

4.5. 7v7

- 4.5.1. Teams will play on 1 field at each game event
- 4.5.2. Where possible, all game events will take place on Saturdays
- 4.5.3. Games will consist of two 25-minute halves
- 4.5.4. Game officials:
 - 4.5.4.1. Where possible the WRA IM Soccer Committee will provide a league referee team or solo referee
 - 4.5.4.2. If no referee is available, Coaches and Assistant Coaches will officiate games. One Coach/Assistant Coach from Team A will officiate the first half and one Coach/Assistant Coach from Team B will officiate the second half.
- 4.5.5. Special rules
 - 4.5.5.1. Throw-ins from sideline restarts
 - 4.5.5.1.1. Throw-ins must be performed correctly; two feet on the ground, ball starts behind the throwers head and is delivered directly over their head with both hands on the ball
 - 4.5.5.1.2. If there is a foul throw-in the player will be allowed one retake throw-in for the first half of the season. The referee must tell the players what the violation was (lifted foot, ball didn't come straight over the player's head, etc.) and the same player will throw the ball in again. A second foul throw-in will result in the opposing team gaining possession and performing their own throw-in. At a communicated time in the season Referees will no longer allow foul throw-ins but will turn the ball over to the other team instead

- 4.5.5.2. Goalkeepers
- 4.5.5.3. No penalty kicks will be taken in Non-Trophy divisions.
- 4.5.5.4. No headers. Incidental contact to a player's head will not affect play. Any intentional contact by a player's head to affect the play of the ball will result in an indirect free kick for the opposing team. Any such action in the defensive penalty area will result in an indirect free kick from the edge of the penalty area directly upfield from the contact
- 4.5.5.5. No punting
- 4.5.5.6. No drop kicking
- 4.5.5.7. Build Out line
 - 4.5.5.7.1. There will be a build out line added to the game fields between the middle circle and the penalty area
 - 4.5.5.7.2. This line denotes where offside calls will be considered rather than the midline when a team is advancing the ball
 - 4.5.5.7.3. On goal kicks and when the keeper captures the ball, the team without possession of the ball is required to retreat behind the build out line. That team must remain behind the build out line until the ball is played and a teammate receives the ball

4.6. 9v9

- 4.6.1. Teams will play on 1 field at each game event
- 4.6.2. Where possible, all game events will take place on Saturdays
- 4.6.3. Games will consist of two 25-minute halves
- 4.6.4. Game officials:
 - 4.6.4.1. Where possible the WRA IM Soccer Committee will provide a league referee team or solo referee
- 4.6.5. Special rules
 - 4.6.5.1. Throw-ins from sideline restarts
 - 4.6.5.1.1. Throw-ins must be performed correctly; two feet on the ground, ball starts behind the throwers head and is delivered directly over their head with both hands on the ball
 - 4.6.5.1.2. Foul throw-ins will result in the opposing team gaining possession and performing their own throw-in
 - 4.6.5.2. Goalkeepers
 - 4.6.5.3. Penalty kicks will be taken in trophy divisions.
 - 4.6.5.4. No headers. Incidental contact to a player's head will not affect play. Any intentional contact by a player's head to affect the play of the ball will result in an indirect free kick for the opposing team. Any such action in the defensive penalty area will result in an indirect free kick from the edge of the penalty area directly upfield from the contact
 - 4.6.5.5. Punting is allowed
 - 4.6.5.6. Drop kicking is allowed

4.7. 11v11

- 4.7.1. Teams will play on 1 field at each game event

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- 4.7.2. Where possible, all game events will take place on Saturdays
 - 4.7.2.1. Middle School division games will take place on Sundays
- 4.7.3. Games will consist of two 30-minute halves
- 4.7.4. Game officials
 - 4.7.4.1. Where possible the WRA IM Soccer Committee will provide a league referee team or solo referee
- 4.7.5. Special rules
 - 4.7.5.1. Throw-ins from sideline restarts
 - 4.7.5.1.1. Throw-ins must be performed correctly; two feet on the ground, ball starts behind the throwers head and is delivered directly over their head with both hands on the ball
 - 4.7.5.1.2. In the Middle School and High School leagues, foul throw-ins will result in the opposing team gaining possession and performing their own throw-in
 - 4.7.5.2. Goalkeepers
 - 4.7.5.3. Penalty kicks will be taken in trophy divisions.
 - 4.7.5.4. Headers are allowed
 - 4.7.5.5. Punting is allowed
 - 4.7.5.6. Drop kicking is allowed